Met Office

NEWS

Heatwave continues with temperatures into the mid 30s Celsius

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Very hot conditions are expected to persist across eastern and southeastern parts of the UK through the working week.

The heatwave of 2018 continues across much of England this week, with temperatures expected to reach the high-20s or low 30s Celsius across the Midlands, southern and eastern England, with 35 or 36 °C possible in a few places as the temperatures peak on Thursday and Friday.

Paul Gundersen, Chief Meteorologist at the Met Office, said: "The heatwave conditions will continue across much of England through this week, with temperatures possibly into the mid to high 30s Celsius in places on Thursday and Friday and it's possible that we could break the July record of 36.7 °C if conditions all come together.

"More changeable conditions are expected across Northern Ireland and western Scotland with showers or longer spells of rain at times with maximum temperatures nearer normal."

The highest temperature recorded so far this year is 33.3 °C at Santon Downham on 23 July. The highest temperature recorded in 2017 was 34.5° C at Heathrow on 21st June. Prior to this, the most recent heatwave prior to this was in July 2015 when temperatures peaked at 36.7 °C at Heathrow on 1 July, a temperature that is currently the July all-time maximum record. The all-time record in the UK is 38.5° C at Faversham on 10 August 2003.

The dry spell has been most prolonged in East Anglia and Southeast England. Most especially much of East Anglia and Cambridgeshire, extending through Essex into London and also around Bournemouth and Southampton. Parts of the Midlands have also been very dry. The last day of very widespread rainfall for East Anglia and the south-east was 29 May.

Hot weather often brings the risk of showers and thunderstorms and there is a chance of heavy or thundery downpours across eastern parts of England on Friday before the fresher, more changeable conditions in the northwest finally make their way east across the UK later in the week.

Gundersen added: "There is the chance of thunderstorms breaking out over East Anglia on Wednesday, but it is Friday when we see thunderstorms affecting many central and eastern areas.

"These could lead to torrential downpours in places with a much as 30 mm of rainfall in an hour and 60 mm in 3 hours. Large hail and strong, gusty winds are also likely and we have issued a Met Office weather warning highlighting the areas most at risk"

A Level 3 heat-health watch alert has been issued for a large part of England, in association with Public Health England. Our Heat Health Watch Service is designed to help healthcare professionals manage through periods of extreme temperature.

Hot weather, especially when prolonged, with warm nights, can have effects on people's health and on certain infrastructure. To aid preparation and awareness before and during a prolonged hot spell, a heatwave plan has been created by Public Health England in association with the Met Office and other partners. It recommends a series of steps to reduce the risks to health from prolonged exposure to severe heat for:

- The NHS, local authorities, social care, and other public agencies
- Professionals working with people at risk
- Individuals, local communities and voluntary groups

Dr Thomas Waite, Consultant in Health Protection at Public Health England, said: “Temperatures are likely be high in parts of England this week, which may leave older people, young children and those with long-term conditions, including heart and lung diseases, struggling to adapt to the heat. So keep an eye on friends and family who may be at risk.

“To beat the heat, try to keep out the sun from 11am to 3pm, walk in the shade if you can, apply sunscreen and wear a hat if you have to go out in the heat. Also try to carry water with you when travelling.”

The hot and sunny weather is also an opportunity for many to enjoy the outdoors. Amanda Bond from Visit Suffolk said, "With Suffolk having seen some of the highest temperatures this week and with the sunshine set to continue, this gives visitors the perfect excuse to get outdoors and experience what the county has to offer. Suffolk is known for its natural beauty, 50 miles of glorious coastline and charming villages and historic towns. Now the schools are out for summer there are many ways to occupy the kids with our fun-filled family visitor attractions such as Africa Alive!, Southwold Pier, West Stow Anglo Saxon Village, RSPB Minsmere and Kentwell Hall, to name a few. Although, sometimes, in a place this rich and beautiful, just being is pleasure enough." For more information, visit www.visitsuffolk.com.

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